

Boston's Age Strong Commission

Weekly Digest

February 21 - February 27, 2022

Information & opportunities for Boston's older adults



Boston's Age Strong Commission & BCYF Vine Street Community Center invite you to join them at their Memory Cafe! A Memory Cafe is a place where people with memory loss & their loved one can connect & socialize with others.

Featuring: A special sing-a-long with Athene Wilson! Tea & cookies will be served



When: Thursday, February 24th / 10:30 am - 12:00 pm

Where: BCYF Vine Street Community Center
339 Dudley Street, Roxbury

RSVP: Please RSVP to Corinne at 617-635-3745 or corinne.white@boston.gov.

AGE+ City of Boston
Age Strong Commission
Mayor Michelle Wu



Boston's Age Strong Commission invites you to a

BLACK HISTORY MONTH VIRTUAL CELEBRATION!

Friday, February 25 10:45-11:45 am

Register via Zoom link here:
bit.ly/ZoomBlackHistoryEvent

AGE+ City of Boston
Age Strong Commission
Mayor Michelle Wu

WEEKLY DIGEST
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Stay Connected
to Age Strong:

City Hall, Room 271

1 City Hall Square

Boston, MA 02201

617-635-4366

agestrong@boston.gov

boston.gov/agestrong



@AgeStrongBos

AGE+



City of Boston
Age Strong
Commission



MONDAY, FEBRUARY 21, PRESIDENTS' DAY

All Boston Public Libraries are closed for Presidents' Day.

9am

Age Strong Virtual Chair Yoga w/ Caitlin

No registration necessary

Click [here](#) for more information.

11:30am

Age Strong Virtual Meditation w/ Latika

No registration necessary

Click [here](#) for more information.

5pm

Parks: Virtual Fitness: Dance Fit

Click [here](#) to register & for more information.

TUESDAY, FEBRUARY 22

10:30am

A Quilting Circle

BPL: Codman Square

690 Washington Street, Dorchester

Click [here](#) to register & for more information..

10:30am

Winter Film Series: "Short Term 12"

Film Showing via Zoom

12:30pm

Film discussion via Zoom

Lifelong Learning UMass Boston

Email ollireg@gmail.com to register & for more information.

11:30am-12:30pm

Age Strong Virtual Latin Dance w/ Maria

No registration necessary

Click [here](#) for more information.

6:30pm

Parks: Virtual Fitness: Afrobeats Dance

Click [here](#) to register & for more information.

WEDNESDAY, FEBRUARY 23

11am

Parks: Virtual Fitness: Chair Yoga

Click [here](#) to register & for more information.

11:30am

Age Strong Virtual Yoga w/ Latika

No registration necessary

Click [here](#) for more information.

1:30pm

Virtual Walking Tour: Washington Street

Lifelong Learning: UMass Boston

Email ollireg@gmail.com to register & for more information.

3pm

Blind Date with a Book: Reading

Recommendations from BPL Librarians

Click [here](#) to register & for more information.

Walk Up

Free COVID-19 Testing

Bruce C. Bolling Building

2300 Washington Street

Roxbury, MA 02119

Tuesdays - Saturdays

12 p.m. - 8 p.m.



OTHER TESTING SITES AVAILABLE HERE: [BOSTON.GOV](https://www.boston.gov)

Call the Mayor's Health Line at 617-534-5050
for more information



SIGN UP FOR ALERT-BOSTON!

In 4 simple steps:

- 1 Enter your Email or Phone number
- 2 Select how you would like to be Alerted
- 3 Enter your First and Last Name
- 4 Enter your Zip Code & Select a Language

Sign up at [boston.gov/alert-boston](https://www.boston.gov/alert-boston)

4-7pm

BPL: Free Tax Preparation (Drop-Off & Remote Only)

Click [here](#) to register & for more information.

THURSDAY, FEBRUARY 24

10:30am

***BPL Virtual: Food Access in a SNAP!
See if you're eligible for food benefits***

Click [here](#) to register & for more information.

10:30am-12noon

***Memory Café: In Person
Music by Athene Wilson & tea/cookies***

BCYF Vine Street Community Center
339 Dudley Street, Roxbury
RSVP to Corinne White at 617-635-3745 or
corinne.white@boston.gov.

11am-2pm

Children's Winter Festival (school vacation)

Boston Common
Charles & Beacon Streets
Click [here](#) to register & for more information.

1pm

***BPL Virtual: Lunchtime
Science Fiction/Fantasy Short Story Club***

Click [here](#) to register & for more information.

2pm

***BPL Virtual: Breathwork & Meditation
with Hands to Heart Center***

Click [here](#) to register & for more information.

2:30-5:30pm

The Dudley Winter Market

11 Brook Avenue, Roxbury
Click [here](#) for more information.

6:30pm

Parks: Virtual Fitness: Zumba

Click [here](#) to register & for more information.

FRIDAY, FEBRUARY 25

10am-12noon

BPL Virtual: Drop-in Office Hours: Legal Services Center

Click [here](#) to register & for more information.

11:30am

Age Strong Black History Month Virtual Celebration

Click [here](#) to register & for Zoom Link

11:30am

Age Strong Virtual Zumba w/ Lindsey

No registration necessary
Click [here](#) for more information.

12:30pm

Parks: Virtual Fitness: Chair Meditation

Click [here](#) to register & for more information.

SATURDAY, FEBRUARY 26

9am

Parks: Virtual Fitness: Strength Training

Click [here](#) to register & for more information.

10am-1pm

Dorchester Winters Farmers Market

6 Norfolk Street, Dorchester
Click [here](#) for more information.

BECOME AN AMERICORPS RSVP VOLUNTEER



Let's Help Boston's Older Adults
Get Access to Food

Make Local Deliveries or Volunteer at a Local Pantry

- Must be 55+
- Pass a CORI check
- Have a valid driver's license & reliable vehicle
- Flexible schedule



To Register, Call:

Monique Carvalho at 617-635-4374

AGE+

City of Boston
Age Strong Commission
Mayor Michelle Wu



AmeriCorps

GIVE BACK

As an AmeriCorps
Volunteer Tax Preparer!!!

Help older adults maximize
their state and federal refunds.



- Help provide **no-cost tax preparation** services for income-eligible residents.
- Free training to become an RSVP Tax Preparer.



No tax preparation experience required!



- Must Be 55+
- Complete a CORI check

For more information, contact
Monique Carvalho 617-635-4374
Monique.Carvalho@Boston.gov

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Age Strong Commission
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AmeriCorps
Seniors



WINTER SAFETY TIPS

If you see individuals out in the cold who appear immobile, disoriented, or underdressed for the cold, please call **911**.

Boston.gov/cold

CITY of BOSTON

12noon-3pm

Winter Express-Nubian Square

Black History Month w/AfroDesiaCity

Boston Public Library: Roxbury Branch
(outside)

149 Dudley Street, Roxbury

Click [here](#) for more information

4pm

Celebrity Series Free Concert

Regie Gibson & Atlas Soul

Click [here](#) to register & for more information.

SUNDAY, FEBRUARY 27

12noon-3pm

Roslindale Farmers Market

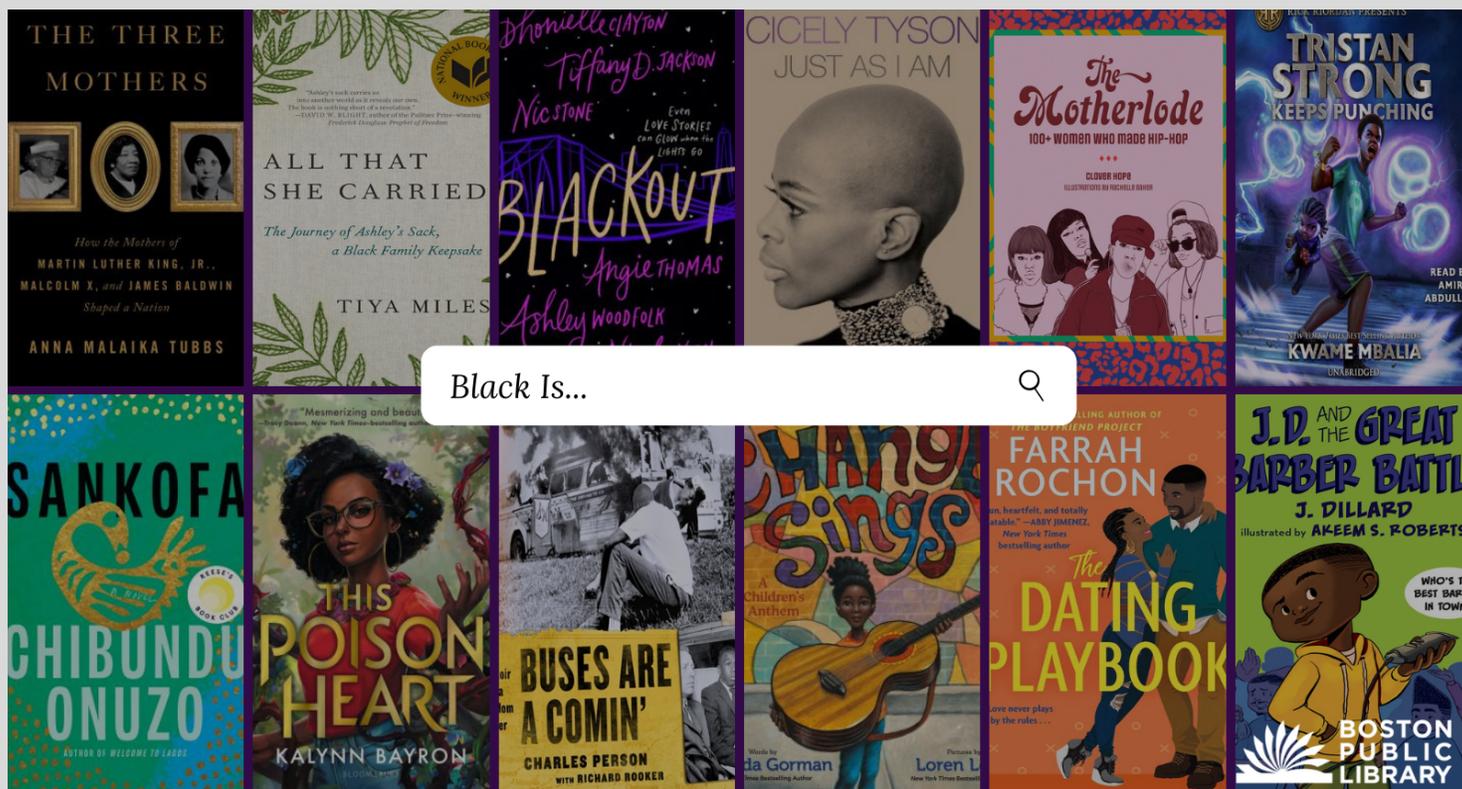
19 Corinth Street, Roslindale

Click [here](#) for more information.

6pm

Parks: Virtual Fitness: Yoga

Click [here](#) to register & for more information.



Celebrate Black History Month with a new book!

The Boston Public Library's Black Is... booklist is made up of 70 titles published in the last year examining the Black experience. Let's read, Boston! See the full list:

bit.ly/BPLBlackIs2022

Am I eligible for a COVID-19 booster shot?

Who?

Individuals 12+ who are fully vaccinated*

*Individuals age 12-17 can only get the Pfizer booster

When?

- At least 6 months after Moderna
- At least 5 months after Pfizer
- At least 2 months after Johnson & Johnson

Which booster shot do I get?

- You may have a preference, but you can get any type of vaccine for your booster shot

More information at mass.gov/COVID19booster

For help scheduling a booster or transportation to get a booster, call 311 or Age Strong at 617-635-4366 or visit boston.gov

Need help paying for heat this winter?

You're not alone.

Find out if YOU qualify for fuel assistance discounts!

Call Age Strong at 617-635-4366 for an appointment with an advocate.



City of Boston
Immigrant Advancement

FREE IMMIGRATION CONSULTATIONS

Ask a lawyer for advice

immigrantadvancement@boston.gov

617-635-2980



KEEP BOSTON SENIORS WARM THIS WINTER

The **Seniors Save** program can provide up to \$8,000 to eligible seniors to replace faulty heating systems.

Visit boston.gov/seniors-save to apply today.

TELLING YOUR STORY!

Join this two-week writing workshop and learn how to turn your favorite memories into micro-stories, memoirs, and personal memory maps – FREE on Zoom. Offered by Age Strong Boston and Write the World.

JOIN US:

Tuesdays from 7PM to 8PM on March 8 & March 15

OR

Wednesdays from 11AM to NOON on March 9 & March 16

TO REGISTER, OR FIND OUT MORE CONTACT:

Renee Frechette renee.frechette@boston.gov 617-635-4168

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Age Strong Commission
Mayor Michelle Wu



Write the Family

FREE!
MEETS
ONLINE!



Fare-Free Bus Program

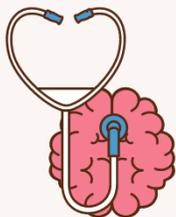
Starting March 1, 2022, Route 23, 28, and 29 bus riders will be able to board at all doors without paying a fare for two years. Click [here](#) for more information.





MASSACHUSETTS
Alzheimer's Disease
Research Center

BOOST YOUR BRAIN



WHAT'S GOOD FOR THE HEART IS GOOD FOR THE BRAIN



The Massachusetts Alzheimer's Disease Research Center (MADRC) encourages you to make brain health a priority in 2022 and beyond!

Studies show that heart-healthy behaviors can lower your risk for developing dementia. To learn how Diet, Exercise, Sleep and Social & Mental Activity contribute to brain health, scan the codes below.

DIET



EXERCISE



SLEEP



SOCIAL & MENTAL



LEARN

For more information about brain health, visit:

www.madrc.org/brain-health/

COVID-19 Vaccine in Boston

The COVID-19 vaccine is an important and effective tool to keep ourselves and our communities safe. Along with wearing masks, social distancing, and frequent handwashing, the vaccine will help us end the COVID-19 pandemic. Click [here](#) for more information.

Need help booking an appointment?

Older Boston residents that are interested in the COVID vaccine and who need help with online registration or transportation should contact the Age Strong Commission at 617-635-4366 for vaccine assistance.



HEY, BOSTON, COME ON BACK!
TAX SITES ARE OPEN & SAFE. CALL FIRST



FREE TAX SERVICES



Over **180,000** taxpayers served
Over **\$320 million** dollars returned
directly to taxpayers' pockets

**Maximize your refund; get all the credits available to you,
even if you have no income**

Advanced Child Tax Credit, Stimulus Payments, EITC, Healthcare credits

Save for Emergencies and Plan for the Future

Open a Bank Account, Purchase a Savings Bond, Fix and build your credit

Residents welcome even if undocumented

Apply for an ITIN or file your taxes with a current ITIN ,
bilingual tax prep available

BostonTaxHelp.org | 617.635.4500



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@BosTaxHelp
@BostonTaxHelp